



Athletics South Africa Level 1 and Level 2 Coaches Course

Facilitated by :

Hugo Badenhorst (ASA Coaches Committee Chairman)(IAAF4) Team Leader & Jumps – 40 years experience

Jaun Strydom (ASA Team Coach & Course Lecturer)(IAAF3) Sprints & Hurdles – 25 years experience

Ilze Wicksell (ASA Course Lecturer)(ASA3) Middle & Long Distance – 20 years experience

Marna van der Merwe (ASA Course Lecturer)(IAAF1) Throws – 10 years experience

+ 2 Guest Facilitator's TBA

24th to 26th January 2020

Glenwood High School (Durban)

Registration Fee : R 1500.00

Closing Date for registration : 17th January 2020

Closing Date for Payment : 17th January 2020 (No Cash or Late Payments will be considered)

Course Includes :

Intense Lectures, Practical Training, Theoretical & Practical Exams

Tea & Lunch on Saturday & Sunday

Course Duration :

Friday , 24th : 14h00 to +/- 20h00 – Registration, Lectures and Practical

Saturday , 25th : 08h00 to 12h30 – Lectures and Practical at least 2 sessions

13h00 to 18h00 – Lectures and Practical at least 2 sessions

Sunday , 26th : 08h00 to 10h00 – Lectures

10h30 to 12h30 – Practical Evaluation

13h00 to 16h00 – Theoretical Exam